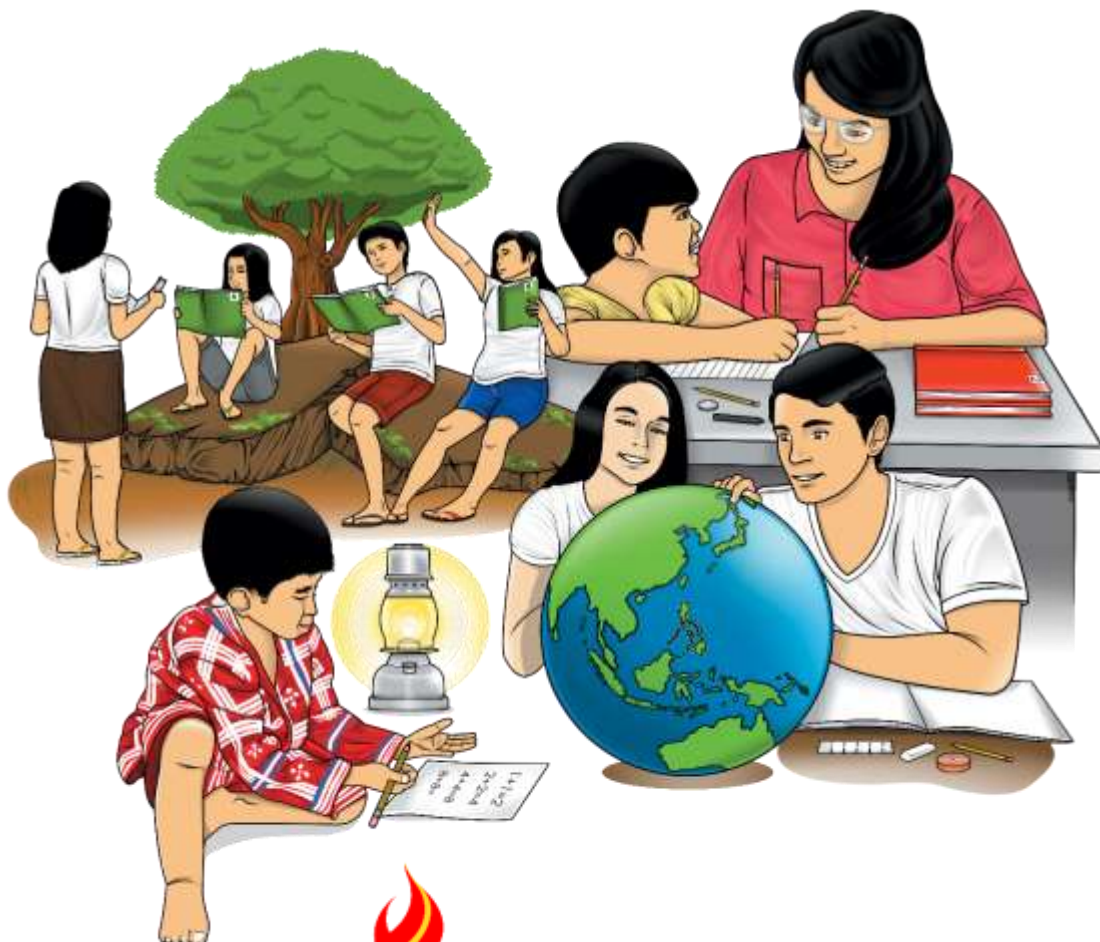


Physical Education

Quarter 4 - Module 8

Active Recreation

(Outdoor Activity: Hiking)



Physical Education - Grade 9
Alternative Delivery Mode
Quarter 4 - Module 8: Active Recreation (Outdoor Activity: Hiking)
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Physical Education
Quarter 4 - Module 8
Active Recreation
(Outdoor Activity: Hiking)

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

Recreation is an activity done during relaxation time for the sake of entertainment and satisfaction. Now is the time to consider physical activities that will fulfill and develop our overall wellbeing.

As a Grade 9 student, it is very important for you to take part in keeping our community safe from seen and unforeseen forces of nature.

At the end of the module, you should be able to:

- Practice environmental ethics (e.g. Leave No Trace) during participation in recreational activities of the community **PE9PF-IVb-h-44**



What I Know

PRE-ASSESSMENT

MULTIPLE CHOICE: Encircle the letter that best describes your answer.

1. What fitness component is required in a hike?
 - A. Speed
 - B. Power
 - C. Flexibility
 - D. Cardiovascular endurance
2. What is the first thing that you will consider in planning a long distance hike?
 - A. Weather
 - B. Health Condition
 - C. Hike buddy
 - D. All of the above
3. Which of the following will you bring in a daylight hiking hike?
 - A. Water bottle
 - B. Headlamp
 - C. Tent
 - D. 40litre backpack
4. What is the difference between hiking and trekking?
 - A. The nature and purpose of the person
 - B. The duration of the hike
 - C. The hike distance
 - D. The equipment used
5. Which of the following is **not** a fitness benefit of hiking?
 - A. Strengthens one's core
 - B. Reduces risk of heart diseases
 - C. Increases blood pressure
 - D. Improve balance
6. After hours of walking, what will you do if you get lost?
 - A. Continue walking until you meet someone who can help
 - B. Go back to the starting point and ask for a tour guide
 - C. Go home
 - D. Shout for help
7. What would you do if one of your hiking buddies felt dizzy during the hike?
 - A. Let him/her drink plenty of water.
 - B. Stop for 2 minutes, then continue at a slower pace.
 - C. Rest for an hour, rehydrate, and loosen his or her clothing.
 - D. Bring him/her home
8. Which of the following activities will you recommend to senior citizens?
 - A. Dog hiking
 - B. Summit hiking
 - C. Long distance hiking
 - D. All of the above
9. In hiking, what should be the group's pacing?
 - A. The pace of the mountain guide.
 - B. The pace of the slowest man.
 - C. The pace of the fastest man.
 - D. The pace of the lead man.
10. What will you do in case of a thunderstorm in your hiking activity?
 - A. Run immediately to descend as quickly as possible.
 - B. Find shelter under a tree.
 - C. Get rid of all metallic objects.
 - D. Stay close with your group.

Lesson

1

Active Recreation (Outdoor Activity: Hiking)

What does this "new normal" bring us? The most effective method to modify what's going on is by one way or another adjusting to what was normally accustomed. It takes a ton of patience and alteration in the general framework or system of the family, and community all in all. With the "new normal" it expects us to set new social gauges that will assist us with getting by with the current circumstance. The pandemic gives us an idea to focus on each and every detail of how to deal with ourselves, how to consider the government assistance of others and how to follow the community's wellbeing.

The initial three months of the pandemic estimates the quality of community health projects and collaboration of the people. With the circumstance, we had the option to decide the adequacy of the all-around planned health programs. At the point when the enhanced community quarantined, it was seen that a few were into watching the sound way of life. Some got occupied with outdoor exercises, for example, cycling, hiking, running exercises among others.

The following activities will help you determine the health benefits of hiking activity.



What's In

Activity 1: Ready-Set-Go!

Objective:

To identify the fitness components involved in a hiking activity.

Procedure:

1. Fill in the table below.

Skills needed	Fitness components involved



What's New

Activity 2: What to do!

List all the things that one should prepare for a hike.

Objective:

To identify the things that you will consider when planning a hiking activity.



What's Is It

Hiking is an activity of moderate difficulty, which involves walking across long distances generally on trails or paths. The duration of the activity varies between short half-day programs and longer itineraries of over 20 days. It is usually an activity that allows groups of different sizes.

Hiking and trekking are two terms sometimes used indistinctly. The difference between each of them is usually the duration of the specific activity. Hiking is associated with shorter programs, while trekking is used to describe longer programs of a week or more.

Hiking is also a great way to immerse yourself in the culture and history of a country or area. Longer programs will take you to experience local communities and taste unique local food. **Hiking is where the trail meets the people, and mountain sports meet cultural adventure.**

Source: Aguirreh, Clara. "What is Hiking? Equipment, Best Season, Top Spots." Explore-Share.com (blog). n.d. Accessed June 30, 2020.

Three Different Types of Hiking...

1. Day Hiking

This type of hike refers to a hike that does not exceed daylight hours. It can be anything from a simple walk in a natural environment.

This type of hike is perfect for beginners who want to work their way up to more adventurous trails.

2. Summit Hiking

Summit hiking is considered to be the most rewarding hikes a person can take. As the name implies, it involves surmounting the summit or peak of a mountain, an objective that is as challenging as it is fulfilling.

The main aim of this pastime is to reach as many summits as possible (such as hills and mountains).

3. Long-Distance Hiking

This refers to a long-distance hike that can take weeks and even a couple of months to traverse.

Source: Musambi, Erick. "What Are The Different Types of Hiking?" Trail and Summit. Last modified July 19, 2019.

Hiking outdoors has plenty of perks: nice views, fresh air, and the sounds and smells of nature.

It is good for you, too. Hiking is a powerful **cardio workout** that can:

- Lower your risk of **heart disease**
- Improve your **blood pressure** and **blood sugar levels**
- Boost bone density, since walking is a **weight-bearing exercise**
- Build strength in your glutes, quadriceps, hamstrings, and the muscles in your hips and lower legs
- Strengthen your core
- Improve balance
- Help control your weight
- Boost your mood. Hiking is one of the activities that can combat stress and anxiety.

What equipment do you need?

This will depend on the duration of the program, and especially if it is an over-night program or not. Generally, you will need:

- Two different pairs of shoes: a pair of strong and waterproof hiking shoes, and a lighter pair (sneakers or sandals)
- Rain and windproof jacket and pants
- Sun cream
- Sunglasses
- Hat or cap
- 35 or 40 litre backpack (you usually need to carry your own equipment, unless it is a longer hike in which case there are sometimes porters)
- Water bottle
- Walking poles
- Head lamp

Source: Aguirreh, Clara. "What is Hiking? Equipment, Best Season, Top Spots." Explore-Share.com (blog). n.d. Accessed June 30, 2020.

Guide Questions:

1. What kind of hiking activity would you recommend to your family? Why?
2. Among teenagers, what is the motive of climbing mountains?

**What's More****Activity 3: All my bags are packed!**

List ten (10) essential things that a backpacker will bring in a hiking activity.

Objective:

To identify the things that a backpacker will bring in an overnight hiking activity.



Image Source: https://www.netclipart.com/isee/bmiJb_download-travel-backpack-clipart/

Process Question:

Explain the importance of bringing each item in your backpack?



What I Have Learned

Activity 4: I saw the sign!

Objective:

- To make an improvised map in your hiking activity.
- Experience the fun of doing the activity with a relative, companion as well as family members.
- To impact others to do hiking activity as a major aspect of their wellbeing.

Procedure:

1. Plan for a hiking activity (nature hiking) with a family member, friends or relatives.
2. Draw your route in a long bond paper.
3. Indicate the starting point and your final destination.
4. During the hike, create your own trail sign giving the direction going to your final destination. An example of trail signs is provided below.

Trail Signs			
straight ahead	turn right	turn left	do not go this way
Rocks 			
Pebbles 			
Sticks 			
Long Grass 			
Number of paces in direction indicated 	I have gone home. 		

Source: Rivero, Simone. "Trail Signs". [guidesquebec.wordpress.com. pinterest.pt. Accessed August 21, 2021, https://www.pinterest.pt/pin/317503842475336683/](https://www.pinterest.pt/pin/317503842475336683/)

Process Questions:

1. What causes you to choose the destination that you plan?
2. Does the activity give you a positive impact?
3. What have you understood while doing the activity?



What I Can Do

This activity will make you plan for an activity that you will do when planning for a hike.

Activity 5: Attention!

Objectives:

To create your own list of hiking etiquette.

Procedure:

1. Make a list of hiking etiquette or rules in hiking.
2. You can choose any art form on how to make your list more creative and visually impressive.

Summary

Hiking is an outdoor recreational activity that promotes physical fitness. Also it gives opportunity for the individual to explore the beauty of nature and allow the hikers to be in depth with the culture of the people.

The three types of hiking activity vary depending on the objective of the individual or group.



Assessment

True or **False**. Write **True** if the statement is correct and **False** if it is wrong.

- _____ 1. Speed is one of the fitness components that is required in a hike.
- _____ 2. One should bring a 40 litre backpack during daylight hiking.
- _____ 3. In planning a long distance hike you need to know the weather condition
- _____ 4. Trekking activity is for professional climbers only.
- _____ 5. Hiking reduces the risk of heart diseases.
- _____ 6. When you get lost during hiking, you need to go back to the starting point and ask for a tour guide.
- _____ 7. When your hiking buddy feels dizzy during the hike, you need to stop for 2 minutes then continue at a slower pace.
- _____ 8. In hiking, the group's pacing depends on the slowest man.
- _____ 9. Long distance hiking is good for senior citizens.
- _____ 10. Find shelter under a tree in case of a thunderstorm in your hiking activity.
 - A. Run immediately to descend as quickly as possible.
 - B. Find shelter under a tree.
 - C. Get rid of all metallic objects.
 - D. Stay close with your group.



Answer Key

Pre-Test	Post-Test
1. False	1. D
2. False	2. A
3. True	3. D
4. False	4. B
5. True	5. C
6. False	6. A
7. True	7. C
8. True	8. B
9. False	9. A
10. False	10. C

Activity 2: All my bags are packed!

List ten (10) essential things that a backpacker will bring in a hiking activity.

1. Map, compass

2. First aid kit

3. Flashlight, headlamp

4. Hat or cap

5. Water bottle, food device

6. Pair of shoes

7. Rainproof jacket and pants

8. Backpack

9. Poles

10. Mobile phone/communication

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Musambi, Erick. "What Are The Different Types of Hiking?" Trail and Summit. Last modified July 19, 2019. <https://trailandsummit.com/what-are-the-different-types-of-hiking/>.

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